

Children's Wellbeing Event Calendar for DPA 2025-2026



SEPTEMBER

My Goals for
the Year

OCTOBER

- Wear Yellow for Mental Health
- #Take10 to read - National Literacy Trust Author events
- Show Racism the Red Card, Oct 17th

NOVEMBER

Wear Odd Socks
and Spots for
Children in Need
Day and
Anti-Bullying
week

DECEMBER

- Wellbeing Advent Calendar
- Christmas Jumper Day

JANUARY

Indoor Fitness
Activity: Joe
Wicks

FEBRUARY

Dress to
Express
Yourself Day

MARCH

Spring/Easter
Holiday:
Calendar of
Activities

APRIL

- Hopes and Dreams for the Future
- Mindfulness

MAY

- Pudsey's Pause
- Belly Breathing

JUNE

Empathy Lab:
Empathy focused
display of books
by the Reading
Champions

JULY

- Gratitude Jar
- Letting go of worries

AUGUST

**SCHOOL
SUMMER BREAK**